

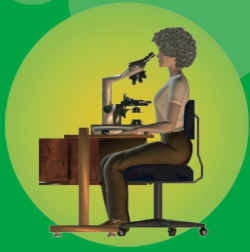
Ergonomic Tips



Ergonomic Tips for Lifting & Back Safety

- Tighten your stomach muscles and lift steadily with your legs. Don't jerk the load.
- Keep the load close to your body. (The closer it is, the easier and safer it is to lift.)
- Position your feet about shoulder width apart, with one foot slightly ahead of the other, facing the load.
- Bend at your knees and squat down, keeping your back neutral.
- Get a good grip on the load before starting to lift. Test the load. (Is it heavier than you can safely lift?)
- Lift using your hips and legs rather than straining your back.
- Breathe/exhale during the lift.

Ergonomic Tips



Ergonomic Tips for Using Microscopes

- Sit close to your work surface. Open or remove cabinet doors and pencil drawers under your work surface to get closer, if needed.
- Raise, tilt or move the microscope closer to keep your head upright.
- Work with your wrists straight. Keep elbows close to your side.
- Use a chair that provides good back support. Use a footrest if your feet do not touch the floor.
- Take frequent stretch breaks and rotate tasks as often as possible.
- Focus on a distant object—at least 20 feet away—for 20 seconds every 20 minutes.
- Pad the edge of your work surface to avoid leaning on sharp edges.

Ergonomic Tips



Ergonomic Tips for Using Pipettes

- Sit or stand close to your work. Open or remove cabinet doors under work surface to get closer to your work when sitting.
- Adjust the height of your chair rather than bending your neck forward or reaching up. Sit supported against the backrest.
- Use minimal pressure while pipetting. Use of alternative pipettes can help reduce repetition and thumb strain.
- Relax shoulders. Keep elbows close to your sides.
- Set up experiments to allow for stretch/rest breaks.
- Post reference materials straight ahead at eye level to prevent bending or twisting.
- Use anti-fatigue floor mats if standing for long periods.

Ergonomic Tips



Ergonomic Tips for Using Laboratory Hoods & Safety Cabinets

- Remove false fronts and supplies under your work area. Position work supplies as close as possible. If needed, use (approved) turntables.
- Adjust your chair height. Sit back using the backrest. Use a footrest if your feet do not touch the floor.
- Protect forearms and elbows by padding hard edges of work surfaces. (Avoid interference with airflow.) Take short breaks to stretch muscles and relieve forearm and wrist pressure.
- Use anti-fatigue floor mats if standing for long periods.
- Reduce sources of glare.

Ergonomic Tips



Ergonomic Tips for Using a Pointing Device

- Select a pointing device that fits comfortably in the palm of your hand.
- Position your pointing device within close reach (no wider than shoulder width at the same level as your keyboard).
- Do not use a tight grip. Keep your hand, fingers, and thumb relaxed. Do not twist or bend your wrist.
- Use shortcuts, keystrokes, macros, and custom settings.
- Take breaks. Every 30-60 minutes get up to stretch and move.

